

**Program Standards and Matrix  
INITIAL PROGRAMS IN HEALTH EDUCATION**

<b>ND ESPB Standards</b>	
<p><b>18015.1</b> The program requires study of personal health over the life span. The program includes the dimensions of health (social, physical, intellectual, emotional, spiritual) including the changes that occur throughout life and how these changes differ among individuals. It includes (a) emotional and mental health; (b) physical fitness; (c) nutrition; and (d) the effects of substance abuse on emotional, physical, and social health. The program uses a variety of performance assessments of candidates' understanding and ability to apply that knowledge.</p> <p><b>18015.2</b> The program requires study of health promotion and disease prevention including: communicable diseases (including HIV/AIDS, Sexually Transmitted Infections) and noncommunicable diseases (including chronic and degenerative). Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.</p> <p><b>18015.3</b> The program requires study of decision-making skills related to the ability to access and evaluate health related information, including consumer selection of health products and professional services. Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.</p>	

**18015.4** The program requires study of the physical, social and emotional aspects of human sexuality and parenting. Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.

**18015.5** The program requires study of human growth and development, including: structure and function of the human body: the principles of human physiology and anatomy, body chemistry, and genetics. Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.

**18015.6** The program requires study of safety issues, first aid/CPR, and emergency care. Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.

**18015.7** The program requires study of personal, family, community and environmental health. Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.

**18015.8** The program requires study of common physical and mental adaptations necessary to accommodate special needs students. Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.

**18015.9** The program requires the study of development, implementation, administration, and evaluation of health education programs in conjunction with voluntary, community, and other health agencies. Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.

**18015.10** The program requires the study of teaching health and current trends in health education including skills involved in problem-solving, decision-making, communication, and goal setting; with an examination of a variety of teaching methods and techniques. The program uses a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.

**18015.11** The program requires the study of current, appropriate instructional technologies. Use a variety of performance assessments to evaluate candidates' understanding and ability to apply that knowledge.